



Shrimp and Black-Eyed Pea "Croquettes"

 Dairy Free

READY IN



300 min.

SERVINGS



24

CALORIES



566 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound black-eyed peas dried picked over
- ☐ 1.5 cups coarse bread crumbs plain dry (Japanese bread crumbs)
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup cilantro leaves fresh loosely packed
- ☐ 24 servings accompaniment: lime wedges
- ☐ 1 medium onion chopped
- ☐ 3 bottled malagueta peppers red drained
- ☐ 1.3 teaspoons salt

- ☐ 0.8 pound shrimp in shell deveined peeled
- ☐ 48 fluid ounces vegetable oil

Equipment

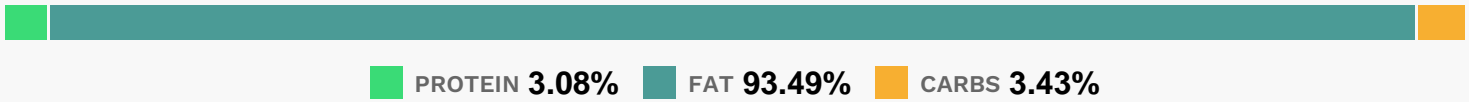
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ wax paper
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Soak peas in water to cover by 2 inches at least 8 hours and up to 1
- ☐ Drain in a colander.
- ☐ Put oven rack in middle position and preheat oven to 250°F. Line a baking sheet with wax paper.
- ☐ Pulse peas, onion, cilantro, peppers, and 1 teaspoon salt in a food processor until finely chopped, then transfer to a bowl.
- ☐ Toss shrimp with remaining 1/4 teaspoon salt. Press a scant tablespoon pea mixture around each shrimp, encasing shrimp in a thin even layer but leaving tail (and shell) exposed, then transfer to baking sheet.
- ☐ Put eggs and panko in 2 separate shallow bowls. Holding 1 shrimp by the tail, dip coated portion of shrimp first into egg, letting excess drip off, and then into crumbs, returning shrimp to baking sheet. Coat remaining shrimp in same manner.
- ☐ Line another baking sheet with paper towels.

- ☐ Heat 1 1/4 inches oil in a 5- to 6-quart heavy pot (9 to 10 inches in diameter) until it registers 350°F on thermometer. Fry croquettes in 4 batches, turning over once or twice, until deep golden, 2 to 3 minutes per batch, transferring with a slotted spoon to paper-towel-lined baking sheet. Keep fried croquettes warm in oven while frying remainder, returning oil to 350°F between batches.
- ☐ Serve croquettes immediately.
- ☐ *Available at Latino markets and Sendexnet (866-736-3396; sendexnet.com).
- ☐ **Available at Asian markets, some supermarkets, and Uwajimaya (800-889-1928).
- ☐ Croquettes can be coated with pea mixture, egg, and panko (but not fried) 1 hour ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:8.866956539776%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 566.28kcal (28.31%), Fat: 59.87g (92.1%), Saturated Fat: 9.23g (57.67%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.1g (1.49%), Sugar: 0.98g (1.08%), Cholesterol: 38.32mg (12.77%), Sodium: 172.35mg (7.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Vitamin K: 111.26µg (105.96%), Vitamin E: 4.96mg (33.09%), Vitamin C: 12.7mg (15.39%), Phosphorus: 56.79mg (5.68%), Copper: 0.09mg (4.69%), Folate: 18.44µg (4.61%), Manganese: 0.09mg (4.43%), Vitamin B1: 0.06mg (3.91%), Selenium: 2.37µg (3.39%), Fiber: 0.84g (3.38%), Iron: 0.53mg (2.95%), Magnesium: 11.67mg (2.92%), Potassium: 99.16mg (2.83%), Vitamin B6: 0.06mg (2.8%), Zinc: 0.39mg (2.59%), Vitamin B2: 0.04mg (2.52%), Calcium: 22.57mg (2.26%), Vitamin A: 101.33IU (2.03%), Vitamin B3: 0.36mg (1.79%), Vitamin B5: 0.13mg (1.28%)